

SENIOR HAPP'Y'NINGS

MARCH/APRIL 2019

27 BROOK STREET
 SCITUATE, MA 02066
 781-545-8722

HOURS OF OPERATION:

Monday-Thursday
 8:30 AM-4:30 PM
 Friday
 8:30 AM—3:00 PM

COA STAFF

Director -Linda Hayes
 lhayes@scituatema.gov

Administrative Assistant
 Jill Johnston
 jjohnston@scituatema.gov

Transportation Coordinator
 Kathy Clarkeson
 kclarkeson@scituatema.gov

Outreach Coordinator
 Jenny Gerbis
 jgerbis@scituatema.gov

Activities & Volunteer Coordinator
 Lisa Thornton
 lthornton@scituatema.gov

Van Drivers: Mary Brown,
 Jay Brien, Jim Keeley,
 Ralph DiMatteo

Manager of Social Services
 Laura Minier
 lminier@scituatema.gov
 781-378-1653

COA BOARD

John D. Miller, Chair
 Dr. Gordon Price, Vice
 Janice Desmond, Co-Secretary
 Caitlyn Coyle, Co-Secretary
 Helen Jablonski, Leslie James,
 Janice Lindblom,
 Lucille Sorrentino, Henry Yeh

Selectman Liaison
 Karen Canfield



Mission of the Scituate Council on Aging

To identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

"Everybody wants to live longer, but nobody wants to grow old." – Jonathan Swift

Director Note: What is a Senior Center? Who goes there? What do they do? What should we call the Senior Center? In fact, it is often a very different answer for different people. If we are cultivating a new style of center that appeals to the generation of older adults classified as 'baby boomers', there is a sense that we need a more all-encompassing term for the variety of individuals taking part in our many programs. We are all aging, as we've been told, but that term can be viewed in a positive way when indicating aging *well*, and negatively if it implies that we are older and less active. Today we are aging better, and living longer and healthier lives (the new 40!). A Senior Center should be a hub (a "Center") of activity and connections for people to enjoy. The truth is, no one has to be 'old enough' to go to the Senior Center. We all feel too young to be referred to as a senior, yet that is the generic label of today. It becomes about the programs and the people, and not about whether we are considered old, or old enough. If a program appeals to you, we hope you will join us. We will be scheduling Public Information Sessions/Open House opportunities during these next two months as we approach a **Special Town Meeting on Monday, May 13** for the Senior Center project.

Of course, the times they are a-changin' - again. We want to appeal to those turning 60 as well as to provide opportunities and enjoyment for those beyond those early senior years. Our Center will provide a place for connection—friendships, activities, learning, and resources. Because it is such a valuable resource to the community, we want the community to feel a part of it and be involved. Our Age-Friendly initiative is intended to not only provide more accessibility and resources for our older adults but to bring the generations together in more ways to enjoy the available attributes of a town, and to be certain we all feel part of the community. We would like our new Senior Center to be representative of that at the same time as it honors our older (and active!) adults and provides connections—to activities, to people, and to community—a true community campus.

We will have a float in the St. Patrick's Day Parade on March 17, so help to cheer us on! Also hoping for a surprise for baseball lovers in April—so stay tuned! ♥ **Linda**

SPECIAL SPRING CELEBRATIONS

"Celebrate your IRISH" on March 15, 12:30-2pm at the Senior Center

Scituate/West Cork Sister City Committee will share updates on the Sister City Project while serving Irish Bread and Barry's Tea. There will be a gluten free option. Possible surprise singing guests. Don't miss this fun parade weekend kick off.

Lunch with Poets on April 17 @ 11:30am-1:00pm

Celebrate National Poetry with Christine Toto Zaremba and many other local poets who will be performing their poetry. Anyone wanting to share their poems are welcome to join in. Location TBA. Sign-up required. Space may be limited. \$8

"Mother's Day" Brunch on May 9, 11am - Entertainment by Unlikely Strummers-Ukelele Group. We will be serving a lovely brunch menu. Sign up begins April 1st.



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ADS to come

Trips — *live & learn!*

April 8 Market Basket Shopping & Walmart/Lunch in Plymouth, \$3.50 van ride. Bring \$ for shopping & lunch. Depart SC @ 9:30am. Return to Scituate approx. 1:30pm.

South Shore Conservatory of Music—Coffee Break Concerts @ 64 St. George St, Duxbury—Free Event

Tues, March 26, 11 am Spotlight on Percussion
This concert features South Shore Conservatory percussionists Ed Sorrentino and Jesse Stiglich!

Tues, April 30, 11 am Solo Piano Classics w/ Mark Goodman
This classics concert includes the music of Johannes Brahms.

Please call for Van ride. Minimum for van is 6 for out of town trips. \$5 van ride; subject to change. Van departs COA @ 9:50am.

Reservation required, even if you are driving yourself!

BIG BUS TRIPS! All day excursions—some with lots of walking. Please ask to find out if this trip is right for you! Transportation by Luxury Coach Bus. Sign up early !

MAR 20 MGM Casino, Springfield, MA (waitlist only)

MAY 22 Strawberry Banke, Portsmouth, NH with shopping in town & Lunch stop @ Atlantic Grille Restaurant. \$89

JULY TBA Kennebunkport, ME

Check back for details / dates on these trips (no sign ups) :

September 17 Lobster & Mobsters lunch and tour in Boston

October 16 Norman Rockwell Museum and Red Lion Inn

December TBA Boston Pops Holiday Concert and Lunch

TRIP POLICY: You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list 2 days prior to trip date! No refunds within 48 hours of trip date. **PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST. PAYMENT IS DUE at SIGN UP for ALL TRIPS**

LOCAL & OUT-OF-TOWN TRANSPORTATION

WEATHER POLICY: If Scituate schools are closed due to inclement weather, our vans will NOT be running for any purpose. Classes offered by the COA will likely will be cancelled. If your pathway to the van is not cleared to allow safe passage, the driver cannot pick you up.

10 Ride Pass for \$15 = \$1.50 each way Cash = \$1.75 each way / \$3.50 round trip

Out of Town Medical = \$5 each way / \$10 round trip payable in advance of scheduled trip to the Scituate Council on Aging.

Out of Town Medical **CANCELLATIONS** are required 24 hours in advance of your scheduled ride or you may be responsible for the full cost of ride as billed by South Shore Community Action Council to the Scituate Council on Aging.

If the transportation fee causes hardship, schedule a confidential appointment with Jenny Gerbis, Outreach Coordinator.

MEDICAL RIDES OUT OF SCITUATE* are provided Monday thru Friday, only for appointment times between 10:30 AM and 1:30 PM. Rides require a minimum of 5 business days advance notice. All ride requests are processed through the Town of Scituate Council on Aging Transportation Department. Rides are provided through South Shore Community Action Council. Residents are not permitted to contact South Shore Community Action Council directly for transportation requests.

MEDICAL RIDES WITHIN SCITUATE* are provided Monday and Friday, only for appointment times between 9 AM and 2:30 PM; Tuesdays and Wednesdays between 1 PM and 2:30 PM. Rides require a minimum of 2 business days advance notice.

LOCAL RIDES WITHIN SCITUATE are for non-medical transportation and include appointments, the Senior Center or other off site locations for activities, library, shopping, pharmacy, hair dresser, etc. Our vans run on the same schedule as the Council on Aging.

Discount Senior **MBTA Cards** can be applied for or renewed by mail or e-mail with a new photo; call Jill, x 2. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

AMERICAN CANCER SOCIETY provides medical appointment transportation for persons receiving cancer treatments. Call 508-897-4300.

REGULAR SCHEDULED TRIPS. NOTE NEW TIMES!

TUESDAYS: Shaw's Supermarket 10:00 AM – 10:45 AM

WEDNESDAYS: Hanover Mall / Trader Joe's / Dollar Store
10:30 AM – 12:00 PM (2nd & 4th Wednesday of the Month)

THURSDAYS: Scituate Harbor 9:00 AM – 10:00 AM

Congregational Church Lunch 12:00 PM – 1:00 PM

TRANSPORTATION COORDINATOR, KATHY CLARKESON

Call 781-545-8722 @ Ext 3 to schedule your requests for COA van for all transportation.

The **Dial-A-Ride** program is a "curb to curb" transportation service. Drivers are not permitted to exit the vehicle for any reason other than to operate the wheel chair lift.

If you are on the list of routine riders for any regularly scheduled trip you must cancel if your personal schedule changes.

*When making medical appointments, we will need your appointment date, time, duration of appointment, doctor's name, address and phone number. Please advise the doctor's office that the Council on Aging will be providing your transportation.

Programs, Special Events, Speakers

Café Talks — DAYS & TIMES Vary; To enroll for a course or event, please call us at 781-545-8722
Information, social opportunity, and refreshments. We have a varied lineup of CAFÉ TALKS you won't want to miss!
Café Talks will be cancelled for lack of sign-ups, so please call to let us know that you are planning to attend.

CONCERT PIANIST

@ The Senior Center

April 23 @ 11:30 am

Reservation Required \$5

Archie Richards will perform a one-hour classical piano concert of 19th Century Piano Masterworks, including music of Chopin, Rachmaninov, Schumann, and Liszt. The concert will include the original work from which the popular song "I'm Always Chasing Rainbows" was derived. Archie started playing the piano as a child, but he didn't find a good teacher, Kyriena Siloti, until he was 32. He was a stockbroker and a weekly newspaper columnist on money matters. He became a professional musician in 2008, when he was 72. Archie's performance of Beethoven's Waldstein Sonata was played on WCRB-AM Radio in Boston on Sunday mornings. Space is limited.

Intergenerational

Dinner & Game Night March 25

With Scituate High School Students— Interact Club
Sign up Required! **4:30-6:30PM**

It's time to "get your game on" for March Madness with SHS Students. CP's Pizza Truck will be cooking up some

Souper Tuesday Café Mar 19, Apr 16

\$3 soup, \$3 sandwich, \$5 both **11:30-1:00pm**

March— Corned Beef Sandwiches and Potato Stew
April— Tuna Melts and Tomato Soup

Menu subject to change!

UKELELE CLASS begins May 17 Call for details.

Health & Lifestyle Fair

Save the Date!

May 2, 10am-1pm @ St. Mary's Parish Center

40-50 Vendors will be available to share information, answer questions. There may be demonstrations/screenings/talks. Priority for a free bagged lunch (served after 11:30am on event day) will given to the first 50 people to sign up by 4/26. Call 781-545-8722.

CAFÉ TALKS—Please sign up!

MON, March 25 10:30am

Arthritis Explained— The Different types: What you should know and why.

Dr. Patricia Hopkins, a Rheumatologist from Weymouth, will be giving an overview on ARTHRITIS. Dr. Hopkins will discuss the different types of arthritis (rheumatoid arthritis, osteoarthritis, etc.) and will discuss their symptoms and how they can affect your living activities. She will also review questions you should ask your physician and will answer questions from the audience.

WED, March 27 10 AM

Money Management: Budgeting, Tracking Expenses, Scams

Jody Hodgesen of South Shore Elder Services will present money managing skills and tips— basic bill paying, record keeping, money savings on credit cards. Did you know SSES provides FREE service and uses volunteers to help you. No asset ceiling to use services. Protecting yourself from financial exploitation (scams, lotteries, phone calls).

WED, April 3 10:30 AM

Local Author, Kevin Symmons—"Write your Stories"

Local best-selling author Kevin V. Symmons will be here to inspire seniors and people of all ages to write their stories and enjoy the art of writing. Along with conducting his 2nd Annual Write Off Competition, Kevin will speak about topics of interest, including how he transitioned from plumbing executive to full time author.

WED, April 10 10:30 AM

Curaleaf— Medical Marijuana— so much to learn!

Educational Presentation by Outreach Manager, Kate Steinberg of Curaleaf. Curaleaf is a licensed Medical Marijuana Company with a dispensary operation in Hanover, MA . Curaleaf is a large network of medical cannabis dispensaries in the United States and they are excited to bring their expertise to Massachusetts and this opportunity to provide an educational opportunity to seniors. Curaleaf professionals pride themselves on educating physicians, patients, potential patients and the community on the benefits of Cannabis as an alternative treatment options for patients living with painful debilitating conditions. Learn about high quality cannabis-based therapies.



MEN'S GROUP

Men's Breakfasts Tuesdays 9am \$8/pp. SIGN UP PLEASE!!!

Men's Breakfast's will be held at The North River Grille @ Widow's Walk Golf, unless otherwise noted. Come and connect— socializing is a key to good health, as well as starting the day with a delicious breakfast!

March 5— In search of a "Show & Tell" Speaker for this MONTH! — Breakfast will be held at the Senior Center

April 2— David Ball, Irish Mossing The 2010 Federal census showed that Scituate is the most Irish town in the country. The reason for that can be traced back to 1847 when Daniel Ward arrived in Scituate and began harvesting Irish Moss, a seaweed found in large quantities off our coast. Dave Ball, President of the Scituate Historical Society and a former mosser will talk about the history of mossing in Scituate and its present uses. LOCATION TBA

Once a Month ... Support and Services

NEW PARKINSON'S SUPPORT GROUP

Third Tuesdays @ Scituate Harbor Community Building for individuals with Parkinson's and caregivers. If you are interested in attending, please call 781-545-8722 for details. Next meeting will be March 19th. Facilitated by Leslie Vickers.

CAREGIVER SUPPORT GROUPS

COA SUPPORT GROUP HELD IN SCITUATE

Third Wednesday at 12:00-1:00 for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services, Town of Scituate, and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier, 781-378-1653.

OTHER AREA SUPPORT GROUPS—MONTHLY Caregiver Discussion Groups

EVENING

First Wednesday at 6:00-7:30 PM at Sunrise of **Cohasset** 125 King St. (Rte 3A). For information, call Bonnie Haley at 617-686-6173.

First Thursday at 6:00PM at Village at Proprietors Green 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME

First Tuesday at 2:00-3:00 PM at Duxbury Senior Center 10 Mayflower St, **Duxbury**. For information, Donna Ciappina, LSW 781-934-5774, x 5730.

Third Wednesday at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield**. For information, 781-834-7885

VISION SUPPORT GROUP

Third Monday at 10:00 AM at **Hingham** Elder Services, 224 Central Street, Hingham. *Scituate COA will provide transportation to and from this event for our clients. Call the Senior Center for more support group information.*

BLOOD PRESSURE CHECK!

3rd Wednesday Town Nurse, Eileen Scotti will be here @ the Senior Center, 10:30-11:30 AM.

BP screening, B12 shots with prescription, and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS—WED 10AM

1st week—Wheeler; 2nd week—Central; 3rd week—Senior Center; 4th week—Lincoln; 5th week—Senior Center.

Screenings include: Blood pressure and vital sign assessment, Blood sugar screening, B12, nutritional & health counselig, medication review and instruction by Town nurse, Eileen Scotti.

Town Nurse office hours: Thursday 9-11:15am, call first.

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781—545—8722 ext. 2 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

1st Friday

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy(ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11 AM.

ASK A LAWYER

3rd Friday

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

Call 781-545-8722 for a morning appointment.

MEET YOUR SENATOR

3rd Thursday

Sen. Patrick O'Connor

10:30-11:30 AM

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee—you bring the talk!

MEET YOUR REPRESENTATIVE

4th Friday

Representative Patrick Kearney is pleased to continue the tradition of meeting with any and all interested seniors at the Scituate Senior Center—the 4th Friday of the month beginning Jan. 25. Call the Senior Center if interested in a meeting on the 4th Friday of the month, or call 617-690-7923 to discuss your issues by phone directly with the office.

FINANCIAL SERVICES

1st Monday

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate offices.

Lori Shea, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

FINANCIAL SERVICES

Call for an appt.

Adrienne Rowles, Financial Advisor and Vice President of the Woerdeman Financial Group. If you are looking for predictable income and safety of your investments, she is available for a FREE 30 min. appt.

Pathways thru Grief

Bereavement Group

Offered by Beacon Hospice

To be held at Scituate Harbor Community Building Tuesdays, April 16th – May 21st at 1 p.m.



Terri Henshaw from Beacon Hospice will be here to facilitate this group. Sign up is REQUIRED @ 545-8722.

SEE DETAILS ON CALENDAR PAGE 6

April 2019

Mon	Tue	Wed	Thu	Fri
<p>1 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 1:00 Art Class 4:00 Pickleball</p>	<p>2 9:00 Men's Breakfast 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi</p>	<p>3 8:30 Yoga 9:45 Chair Yoga & Men's Yoga 10:30 Café Talk– Author Talk 12:30 Balance for Life 1:00 Scituate History 4:40 Pickleball 6:00 Badminton</p>	<p>4 9:00 Harbor Shopping 9:30 Memory Training 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>5 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Antiques Presentation</p>
<p>8 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:00 Market Basket Shopping 10:30 Memory Training 11:15 Balance for Life 1:00 Art Class 4:00 Pickleball</p>	<p>9 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi</p>	<p>10 8:30 Yoga 10:30 Mail 9:45 Men's Yoga & Chair Yoga 10:30 Job Networking Group 10:30 Café Talk– Curaleaf 12:30 Balance for Life 1:00 History 1:00 Games at Gates 3:00 Tech Time 4:40 PBall 6:00 Badminton</p>	<p>11 9:00 Harbor Shopping 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 5:30 COA Board Meeting</p>	<p>12 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:30 Friday Fix 1:00 Trail Walking</p>
<p>15 Holiday Office Closed</p>	<p>16 1pm Pathways thru Grief 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 11:30 Souper Tuesday 1:00 Scrabble 1:30 Tai Chi</p>	<p>17 LUNCH W/ POETS—details on P 1 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 12:00 Caregivers Support 12:00 Dine Out 12:30 Bal for Life 1:00 Scituate History</p>	<p>18 9:00 Harbor Shopping 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>19 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 1:00 Trail Walking</p>
<p>22 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 1:00 Art Class 4:00 Pickleball</p>	<p>23 1pm Pathways thru Grief 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 11:30 Classical Piano Concert 1:00 Scrabble 1:30 Tai Chi</p>	<p>24 8:30 Yoga 10:30 Mail 9:45 Men's Yoga & Chair Yoga 10:30 Job Networking Group 12:30 Balance for Life 1:00 Scituate History 1:00 Games at Gates 4:40 Pickleball 6:00 Badminton</p>	<p>25 9:00 Harbor Shopping 9:30 Memory Training 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>26 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:30 Friday Fix 1:00 Trail Walking</p>
<p>29 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 1:00 Art Class 4:00 Pickleball</p>	<p>30 1pm Pathways thru Grief 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 11:00 Duxbury Concert 1:00 Scrabble 1:30 Tai Chi</p>	<p>Pathways thru Grief Bereavement Group Offered by Beacon Hospice 1:00pm at Scituate Harbor Community Building Tuesdays, April 16th – May 21st This grief educational series and support group for adults is open to anyone who has lost a spouse, life partner, parent, sibling, family member or close friend. It will offer a safe and supportive place for you to receive education on the grief process, to share your experience of loss with others and move toward healing and hope in a confidential and supportive environment. Terri Henshaw from Beacon Hospice</p>		

March 2019

Mon	Tue	Wed	Thu	Fri
<p>SOUPER Tuesdays! For one Tuesday in March and April we are offering a limited 'Café' lunch menu of homemade Soup & Sandwich at the Senior Center. Drop in on March 19 And April 16 between 11:30 - 1pm. \$3-\$6.</p> 				
<p>4</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>11:15 Balance for Life</p> <p>1:00 Art Class</p> <p>4:00 Pickleball</p>	<p>5 9:00 Men's Breakfast</p> <p>9:00 Cardio</p> <p>9:00 Nordic Walking Group</p> <p>10:00 Shaws</p> <p>10:30 Mah Jong</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi</p>	<p>6</p> <p>8:30 Yoga</p> <p>9:45 Men's Yoga & Chair Yoga</p> <p>12:30 Balance for Life</p> <p>1:00 Situate History</p> <p>4:40 Pickleball</p> <p>6:00 Badminton</p>	<p>7</p> <p>9:00 Harbor Shopping</p> <p>9:30 Memory Training</p> <p>11:15 Balance for Life</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>4:00 Art Class</p>	<p>1</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>11:00 Antiques Presentation</p> <p>11:30 Nordic Walking Group</p>
<p>11</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>11:15 Balance for Life</p> <p>1:00 Art Class</p> <p>4:00 Pickleball</p>	<p>12</p> <p>9:00 Cardio</p> <p>9:00 Nordic Walking Group</p> <p>10:00 Shaws</p> <p>10:30 Mah Jong</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi</p>	<p>13 8:30 Yoga 10:30 Mail</p> <p>9:45 Men's Yoga & Chair Yoga</p> <p>10:30 Job Networking Group</p> <p>12:30 Balance for Life</p> <p>1:00 Games at Gates</p> <p>3:00 Tech Time 1pm History</p> <p>6:00 Badminton 4:40 Pickleball</p>	<p>14</p> <p>9:00 Harbor Shopping</p> <p>11:15 Balance for Life</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>5:30 COA Board Meeting</p>	<p>15</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>11:30 Nordic Walking Group</p> <p>12:30 Irish Bread & Tea hosted by Sister City Committee</p> 
<p>18</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>11:15 Balance for Life</p> <p>1:00 Art Class</p> <p>4:00 Pickleball</p>	<p>19 NOON Parkinson's Support Grp</p> <p>9:00 Cardio</p> <p>9:00 Nordic Walking Group</p> <p>10:00 Shaws</p> <p>10:30 Mah Jong</p> <p>11:30 Souper Tuesday</p> <p>1:00 Scrabble 1:30 Tai Chi</p>	<p>20 8:30 Yoga MGM Trip</p> <p>9:45 Men's Yoga & Chair Yoga</p> <p>10:30 Blood Pressure/Nurse</p> <p>12:00 Caregivers Support</p> <p>12:00 Dine Out</p> <p>12:30 Balance for Life 1pm History</p> <p>4:40 Pickleball 6:00 Badminton</p>	<p>21 9:00 Harbor Shopping</p> <p>9:30 Memory Training</p> <p>11:15 Balance for Life</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>4:00 Art Class</p>	<p>22</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>12:30 Friday Flix</p> <p>11:30 Nordic Walking Group</p>
<p>25</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>10:30 Arthritis Talk</p> <p>9:45 Chair Yoga</p> <p>11:15 Balance for Life</p> <p>1:00 Art Class 4:00 Pickleball</p> <p>4:30 Dinner Games w/Students</p>	<p>26 9:00 Cardio</p> <p>9:00 Nordic Walking</p> <p>10:00 Shaws</p> <p>10:00 Conservatory Concert</p> <p>10:30 Mah Jong</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi</p>	<p>27 8:30 Yoga 10:30 Mail</p> <p>9:45 Mens Yoga/Chair Yoga</p> <p>10:00 Café Talk– Money Mgmt</p> <p>10:30 Job Networking Group</p> <p>12:30 Balance for Life</p> <p>1:00 Games at Gates 1pm History</p> <p>4:40 Pickleball 6:00 Badminton</p>	<p>28</p> <p>9:00 Harbor Shopping</p> <p>9:30 Memory Training</p> <p>11:15 Balance for Life</p> <p>1:00 Knitting</p> <p>4:00 Art Class</p>	<p>29</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>11:30 Nordic Walking Group</p>

Social Services & Outreach

Van transportation is available by calling the Senior Center at 781-545-8722—48 hrs. ahead



MONDAY, WEDNESDAY & FRIDAY LUNCH

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by South Shore Elder Services.

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THURSDAY LUNCH, 12 NOON @ Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. \$4. No Reservations.

Monthly Community DINNER No Reservations

4th SUNDAY, 5PM @ St. Luke's Episcopal Church,

Community dinner for all ages sponsored by various community groups. Donations Accepted.

THE SCITUATE FOOD PANTRY

Client Hours: Tuesday 10am-12:45pm, Thursdays 3:30-5:30pm

Food donation drop offs: Tuesday 9am-1pm, Thurs 3pm-6pm

The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way.

SCAMS

SCAM ALERT

The Scituate Police Department urges residents to NEVER send cash payments to anyone through the United States Postal Service. NEVER give personal information over the phone or computer to someone you do not know. NEVER purchase pre-paid gift cards and provide the codes to an unknown person.

COMMON THEMES:

Grandchild is under arrest and needs bail money

IRS demanding immediate payments

Utility companies (National Grid, Comcast) demanding immediate payments

Home computer has a virus

You have won a lottery

Don't give personal information to get your new Medicare card. If someone calls claiming to be from Medicare, asking for your Social Security number, bank information, or other information to get your new card, that's a scam. Hang up. Medicare will never ask you to give personal information to get your new Medicare number and card.

Don't pay for your new card. It's yours for free. If anyone calls and says you need to pay for it, that's a scam. Hang up.

THURSDAYS @ HOUSING AUTHORITY

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30 minutes every month at each of the Housing locations in their Common Room. Stop by to say "hello" and see what information is available to you, or just have a chat.

MARCH

Thursday 3/7 12:30 PM @ Lincoln

Thursday 3/14 12:30 PM @ Central

Thursday 3/21 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

APRIL

Thursday 4/4 12:30 PM @ Lincoln

Thursday 4/11 12:30 PM @ Central

Thursday 4/18 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

SHINE—BY APPOINTMENT

Serving the Health Information Needs of Everyone

Call for an appt. with SHINE Counselor Norman Tetreault, volunteer at the Senior Center, to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an appt. on the following dates:

March – 3/7, 3/12, 3/21, 3/28 **April** – 4/4, 4/9, 4/18, 4/25

Buried in Treasure

March - May 2019

Clutter Reduction Skills Group

Thursdays 6:30pm-8:00pm

April 11, 18, 25, May 2, 9, 16, 23, 30

Complete Self-paced on-line study prior to joining group.

For more information or to register, please call in advance, Laura Minier, 781-378-1653 iminier@scituatema.gov

Circuit Breaker Tax Credit

As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2018 is \$1,100. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

If you are eligible for the Circuit Breaker Credit, complete Schedule CB with your Massachusetts state income tax return.

Please call Jenny Gerbis with questions @ 545-8873.

FUEL ASSISTANCE 2018-2019

Please call Jenny Gerbis with questions or to set up an appt. 781-545-8873

The State/Federal Fuel Assistance Program, operated and administrated by South Shore Community Action has begun, and will run until April 30, 2019. The program is open to the community and the Council on Aging is the agent for the Town of Scituate. Criteria is required. Call to find out details.

Age Well at the Senior Center

Fun & Learning!

FRIDAY FLIX NEW START TIME! 12:30PM

*Surround Sound, English Subtitles, 65" Flat Screen TV
Snacks and popcorn always served.*

Pirates of the Caribbean: The Curse of the Black Pearl,
PG, 2003 Fantasy/Action MAR 8
Eighth Grade, R, 2018 Drama/Comedy MAR 22
The Rookie, PG, 2002 Sports Drama APR 12
Mary Poppins Returns, PG, 2018, Fantasy/Adventure APR 19
The Wife, R, 2018, Drama APR 26

AWARD WINNING MOVIES! We want to see you! Get out, meet a friend or make a new friend and enjoy a MOVIE!

"MAPS"- Monthly Antiques Presentation Series

Presented by Bob Jackman First Friday of the Month, 11am

March 1 Photographs by Leslie Jones

From 1917 to 1956 Leslie Ronald Jones worked as a photo-journalist for Boston Traveler capturing the full array of events and personalities in Boston and New England.

April 5 Bird Paintings by Rex Brasher 1869-1960

At age ten Rex Brasher decided to devote his life to the painting of American birds and followed that love for the next eighty years. He painted more American birds than either Audubon or Fuertes. Presentation will quickly recap Brasher's career and then overview a sampling of Brasher's work.

May 3 American Redware Pottery 1600-1900

Since the earliest settlers American clay has been used to produce utilitarian redware in the Western tradition. With the dawn of the nineteenth century potters sought to produce increasingly artistic works of striking beauty. This program will survey the range of American redware during the three centuries when it was found throughout homes.

Signup is necessary! Cost \$4 each or sign up for all 3 presentations for \$10. Presented by Bob Jackman

EXPRESSIVE WRITING

Liz Ennis NO FEE

APRIL 4—JUNE 6

Thursdays @ 11:30am

Facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Why not try this activity to encourage *expression!* Sharing, storytelling and connection in a casual and welcoming environment. Cultivate mindfulness, gratitude and joy!

DINE OUT
Lunch & Dinner Club
Departs approx. 11:20 am

Lunch Reservation @ 12 Noon
Call for reservation!
Van ride \$3.00

The Cottage Bar and Restaurant (lunch) March 20
Weymouth, MA

The 99 Restaurant (lunch) April 17
Pembroke, MA

Bertucci's (DINNER @ 5pm) May 15
Hingham, MA

PAINTING CLASS
@ Senior Center

MONDAY 1:00-4:00PM
THURSDAY 4:00-7:00PM

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available.* Call for details @ 545-8722; No class on 2nd Thursday of the month. \$10 class Call for details on start date.

SCITUATE HISTORY

FEB 27, 1-2:30PM

BOB JACKMAN

APRIL 10, 1-2:30PM

More Geology of Scituate— on Wednesdays, (6 Sessions)
February 27, March 6, 13, 20, 27, and April 3. Tuition \$20.

More Geology of Scituate will present an overview of local landmass starting with violent collisions about 500 million years ago, bedrock covered and exposed through several cycles. We will also overview glacial activity in this area over the past 100,000 years. Probably over half the course will highlight events since the glacier retreated 16,000 years ago and changes to the landmass up to the present time. We will also discuss structures of local rivers and beaches.

Scituate Architecture 1840-1940 —April 10, 17, 24, May 1, 8, and 15. Tuition \$20.

TECH TIME

w/ S.H.S. students

Wednesday 3:00-4:00pm

Mar 13, Apr 10

Sign up to get 1-on-1 assistance with iPad or mobile/Smart phones. The Interact Club is a service-oriented club for SHS students in grades 9-12, experienced and ready to help.

Job Seekers Networking Group

Start Date: Ongoing, 2nd & 4th Wednesdays @ Scituate Town Library

NETWORKING WORKS! Your AGE really is your EDGE!

10:30am - 12:30pm

Funded by the state's Executive Office of Elder Affairs and managed by Massachusetts Councils on Aging (MCOA), the Scituate COA is pleased to host this program. We are one of only 16 sites selected by MCOA for this important program for 50+ individuals looking for a new job, a totally new career direction, re-entering the workforce after an employment gap or looking for a Second Act career. Meet, network & learn about a new topic at each biweekly group meeting. Call the Senior Center to pre-register. Or, please pass on to a friend or relative who may be interested! Experienced facilitator and guest speakers.

Body & Brain Health

NEW!

NORDIC WALKING GROUP

TUESDAYS 9AM– ONGOING, FRIDAYS 11:30AM (MARCH ONLY)

Have you been trained in Nordic Walking? Join this group of like minded fitness walkers! Wear comfortable walking shoes. If you do not have your own poles, reserve poles @ 545-8722. **Good Weather—OUTSIDE behind Veteran's Gym. Bad Weather— INDOOR @ Veteran's Gym** Please dress in layers, wear gloves and be prepared to walk indoor or outdoor! **All interested walkers welcome to join in. You do not need to use poles to join this walking group!!!!**

Games at Gates—Board Games & Cards

Sign up Required!

Wednesdays from 1- 2 PM

Gates School will be hosting seniors every other week to join middle schoolers for some gaming! The group will continue to meet every other week on the following dates:

March 3/13, 3/27 April 4/10, 4/24

May 5/1, 5/15, 5/29

Don't miss this NEW opportunity to engage with students, improve your memory skills and have some FUN! Playing games is good for the brain and your smile!

TAI CHI

ONGOING, \$2

Improve balance and overall health and well-being with this 24 week program. Questions call 545-8722. Led by Linda Hayes. Beginning lesson on March 19.

TRAIL WALKING

Begins April 12, 1pm

Meet at the Senior Center @ 12:45pm to carpool to walk location. The group will walk in light rain, so dress accordingly. Weather cancellations will be made by 10:30am day of walk. Make sure we have your phone number & email for cancellation calls.

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio *	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB	9:00 Nordic Walking Group	Old Gates	9:45 Chair Yoga	HCB			9:45 Chair Yoga	HCB
9:30 Joint Efforts *	SC			9:45 Men's Yoga				9:30 Joint Efforts*	SC
11:15 Balance 4 Life	HCB	1:30 Tai Chi	STM	12:30 Balance 4 Life	HCB	11:15 Balance 4 Life	HCB	11:30am Nordic Walk- ing Group	March Only -----
Some classes may cancel during the holiday season due to instructor availability and weather. Substitute teachers will be found when possible. Please call to confirm class dates and times.								1:00 Trail Walking	April

HCB = Harbor Community Building @ 44 Jericho Rd

SC = Senior Center

LBR=Library

STM = St. Mary's Parish Center

Floor Yoga: Anne/Elizabeth, \$10 /12 **Chair Yoga** Anne/Elizabeth, \$5 **Men's Yoga:** Anne, \$10 /12 **Joint Efforts:** AnneMarie/Phyllis, \$3 **Balance for Life:** Sue \$5 per class; \$8 / 2 classes; \$10/3 classes a week **Cardio:** Chris \$4 **Nordic Walking:** Lisa **Tai Chi:** Linda \$2

MEMORY TRAINING

4-WEEK PROGRAM

THURSDAYS 9:30-11:30 AM

March 21-April 8*
April 25-May 23

Please register. *4th session on Monday, April 8 at 10:30.

PICKLEBALL PROGRAM

@ Jenkins School Gym

Mon 4-6pm, Wed 4:40-6pm

Doubles; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available for new players! Help with setup/breakdown of nets requested.

This is a volunteer-led Senior Center program. We do accept donations to support ongoing equipment purchases.

BADMINTON

Wednesdays, 6:00PM

@ Jenkins School

Drop-in! All are welcome!

Trail Walking returns Spring. Check-out **Nordic** this Winter!

BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

Mah Jong—TUESDAYS @ 10:30-Noon. This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Interested in Texas Hold 'em? Call 545-8722

Scrabble—TUESDAYS @ 1:00-2:30PM

Hand & Foot Card Game—MONDAYS 1-3PM, held @ SHCB (Jericho Rd) NO instructor

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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Council on Aging Board Meetings are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: March 14 & April 11 at 5:30 pm.

NEW re-usable shopping bags at the Senior Center!
Ask the office for a bag to make grocery shopping easier for our patrons.
Generously donated by Scituate's **12 Women Care**.

WE ARE ON-LINE TOO!

You can read this newsletter on-line
BEFORE it comes in the mail.

Go to: Town website at scituatema.gov;
Department-Council on Aging, and
Newsletters.

ALSO, www.ourseniorcenter.com

Find: **Scituate Council on Aging**.

You can sign up with your e-mail and
receive notice when it is published
(well before mailing!).

"Like" us on **Facebook**:

Search **Scituate Council on Aging** AND
TownofScituate Share to your friends!

Follow us on Twitter: @ScituateCOA.

FOSS Spaghetti Dinner

April 6th @ Congregational Church



We want to thank the Friends of Scituate Seniors for funding our coffee purchases to help us continue to provide coffee to our patrons. We are also grateful to those who have donated small and large amounts when able, and we appreciate your contributions greatly.



Scituate Rotary Club celebrates 50 years service!

SAVE THE DATES for these exciting events:

50th Anniversary Kick off Party! SATURDAY, APRIL 13
6:00 PM TO 10:00 PM at St. Mary's Parish Hall, Scituate

What does The Pope, Pavarotti and Walt Disney all have in common? They are Rotarians (to name just a few!)

Join us for **"Famous Rotarians" Trivia Night** with Music, Delicious Hot Appetizers, Raffles & more. Reserve your \$20 ticket now. Buy before March 15 for only \$15. lsorrentino@comcast.net or call 781 545 9870.